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3.6



Add lettuce and tomato to your sandwich.  
Tomatoes and lettuce both provide you with  
fiber.

## Lettuce and Tomato PREP

Serving Size 1 Serving **Carbs: 2.20**

Served on Mon, 02/09/2026

### Allergens



Tomato

### Nutrients

Calories	10.85
Carbohydrate (gm)	2.20
Fiber (gm)	1.11
Total Fat (gm)	0.16
Saturated Fat (gm)	0.02
Protein (gm)	0.69

### Ingredients

tomato slice | Romaine Thick Shred



### Disclaimer

The information provided here is for general purpose use only. Yumyummi.com and the school district responsible for this data do not make any claims about the completeness, accuracy or reliability of this information. If you or your child has any food allergies, please contact your school district food and nutrition services for more information.

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